

*Ella Beatrice Peters  
 Serubill Heath.  
 Worcester  
 To make linseed tea.  
 Take 1 oz. of unbruised  
 linseed, & 2 drachms  
 of liquorice-root well  
 bruised; pour on it a  
 pint of boiling water  
 in a covered jar with  
 perforated spout;  
 place it on the top of  
 the oven or as near  
 the fire as possible  
 for three or four hours.  
 Then strain it. Linseed  
 tea should be made fresh  
 every day, while wanted.  
 I got this from the Record from  
 Mr. Sale, Broadwell, Worcester.*

The following are considered worthy of honourable mention :—

MISS FLORENCE SHEPPARD :—

To make a quart of linseed tea, take 10z. of unbruised linseed, same quantity of sugar, then add four tablespoonsful of lemon juice and  $\frac{1}{2}$  oz. of Spanish liquorice root. Place the mixture in a jug, pouring a quart of boiling water on it and allowed to remain in a hot place. Strain through a sieve or muslin bag before using.

MRS. C. SKENE-KEITH :—

The best method of making linseed tea is to take 10z. of sugar and the same quantity of whole linseed; add 20z. of lemon juice and  $\frac{1}{2}$  oz. of liquorice. Mix in a jug, and pour two pints of boiling water over it. Let it remain for about four hours in a hot place, then strain and it will be ready for use. Linseed tea should not be given when iron or lead are taken as medicine.

MRS. DUYCK :—

Wash well 10z. of linseed, place it in a covered jar (a "table salt" jar will answer the purpose well). Pour one pint of boiling water on it, cover it up, and let it stand near the fire for one hour. Then strain, and flavour with lemon, sugar, or liquorice. I prefer the lemon juice.

MISS KEEVILL :—

Boil 20z. of linseed gently for two hours in a pint and a half of water, with a finely-shred lemon peel and 10z. of barley sugar. Strain and add lemon juice to make it agreeable. Spanish liquorice may be boiled with it. If taken for a severe cough and cold, a few drops of "ipecac" added to the tea and taken hot on getting into a warm bed, is an excellent remedy.

MISS EMILY SANDERSON, M.R.B.N.A. :—

Well wash 20z. of linseed, put it into a jug or jar with a cover, pour on it a quart of boiling water, cover it down tightly, let it stand on hot plates or near the fire for an hour to draw, strain and sweeten it with sugar or honey, flavour with liquorice or lemon.

### THE VICAR'S DAUGHTER.\*

An Autobiographical Story.

By GEORGE MACDONALD, LL.D.,  
 Author of "David Elginbrod," "Alec Forbes," "Within  
 and Without," "Malcolm," &c.

CHAPTER XV.—A PICTURE (CONTINUED).

"WHAT—what—what's the matter?" he gasped.

I could not while he was thus frightened explain to him what had driven me to him in such alarming haste.

"I've brought you the baby to kiss," I said, unfolding the blanket and holding up the sprawling little goddess towards the face that towered above me.

"Was it dying for a kiss then?" he said, taking her, blanket and all, from my arms.

The end of the blanket swept across his easel, and smeared the face of the baby in a picture of the *Three Kings*, at which he was working.

"Oh, Percivale!" I cried, "you've smeared your baby!"

"But this is a real live baby; she may smear anything she likes."

"Except her own face and hands, please, then, Percivale."

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